Single men, bad habits

Study shows bachelors most likely to believe they don't have control over their own health PAGE 12

STARS SHARE THEIR TV FAVES

EMMY NOMINEE NICOLE KIDMAN LIKED BRADY BUNCH AND BEWITCHED GROWING UP PAGE 8

REGINA metro®

Tuesday, September 18, 2012

News worth sharing.

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Mourners pay respects as Lougheed lies in state

Tribute. Ex-premier's family has said it will hold private funeral, but public memorial service being planned

Mourners have begun to file past Peter Lougheed's flag-draped coffin at the foot of the grand staircase in the Alberta legislature's rotunda.

Half of the casket is covered with the Canadian flag and Alberta's provincial flag lies over the other half.

Lougheed has been remembered since his death as a champion for Alberta, but also as a politician who cared deeply about Canada.

Sons Joe and Stephen Lougheed, as well as granddaughter Kathleen, are accepting condolences on behalf of the family.

RCMP officers and provincial sheriffs, heads bowed, are sharing the duty of standing guard as mourners file past.

Lougheed is to lie in state for two days.

A motorcade accompanied the body of the former premier as it was brought from Calgary to Edmonton on Sunday.

Lougheed, who is widely credited as being one of the most influential leaders in the province's history, died in hospital in Calgary on Thursday at the age of 84.

He led the Progressive Conservatives to victory over the long-governing Social Credit party in 1971 and remained premier until 1985. The Tory party has remained in power ever since. THE CANADIAN PRESS

The body of former Alberta premier Peter Lougheed is escorted by RCMP on Sunday into the Alberta Legislature in Edmonton where he will lie in state until Tuesday evening. Lougheed, 84, died Thursday. JASON FRANSON/THE CANADIAN PRESS

'Embodiment' of new west movement

How he shaped Saskatchewan

Peter Lougheed, former premier of Alberta, passed away Sept. 13 and although he was leader of Saskatchewan's provincial neighbour, he influenced the province in a number of ways.

According to Jim Farney, an assistant professor at the University of Regina's department of political science, Lougheed was the "embodiment" of the new west movement that helped shape Alberta and Saskatchewan.

"He and Allan Blakeney, the premier of Saskatchewan, had their differences, but they both really were strong voices for Western Canada," said Farney. "One vision of the time was the Quebec sovereignty idea, one vision was Trudeau's very centralized federation — Blakeney and Lougheed put forward this vision of a Canada made up of strong provinces."

Farney said Lougheed was able to "present a new vision of what Western Canada could look like." MORGAN MODJESKI/METRO IN SASKATOON

Electoral map makeover

A commission is conducting a tour across the province to gather feedback on proposed federal electoral boundary changes PAGE 2

Homegrown successes

From the cobalt bomb to medicare, Saskatchewan Innovation Week spotlights influential inventions and ideas with local roots PAGE 3

Royals seek injunction in photo scandal

A French court is being asked to stop further publication of topless Kate Middleton pics PAGE 5

Jays player in hot water over alleged slur

Pictures show Yunel Escobar with a homophobic message written in his eye black PAGE 13

NEWS 1

Mobile news

As Zellers closes its doors, the company has put Zeddy the mascot up for grabs. Scan the code to watch what the famed bear has to say about the situation.

Referendum

Public demands say in progress of stadium

Members of the public lined up late Monday evening asking city council that the new stadium's viability be put on the ballot as a referendum question this fall during the upcoming municipal election.

"Regina needs a say, this should be a referendum question," said Bob Hughes, who was surprised city council was ready to proceed with the project.

Bobbi Stadnyk said council should listen to people who have appeared before them.

"Hundreds of people have spoken before you and sat in the galleries — these people do not want a new stadium," she said. "You are saddling taxpayers with a tax burden without consulting them."

Despite the public speaking out against new stadium plans, council was expected to vote late Monday night to proceed with a Design/Build/Finance (DBF) procurement approach for Regina's new stadium and to agree with a Sept. 5 executive committee recommendation approving $2.5 million from the city's general reserve fund to support the process.

DBF procurement is based on private/public partnership, known as a P3 model, that would see hiring of an outside company to design, build, and finance stadium construction.

With this model, a private firm would have to put up some initial financing during construction stages of the project. For the results of council's decision and the complete story visit metronews.ca.

ROB BROWN/METRO

The Federal Electoral Boundaries Commission for Saskatchewan, from left, Dr. John Courtney, Ronald C. Mills and David Marit. The commission will be travelling across the province consulting the public regarding new federal electoral boundaries. JEFF MACKEY/METRO

Electoral map up for revision

Consultation. Commission is conducting a tour across Saskatchewan through Oct. 5

JEFF MACKEY
jeff.mackey@metronews.ca

Saskatchewan's electoral map may be in for an extreme makeover — and MP Ralph Goodale says changes will help iron out constituency conflicts.

"It's awkward when boundaries of a constituency almost set up an internal conflict of interest," said Goodale, MP for Wascana. "One part of the riding wants to go in one direction and the other wants to go in another."

The Federal Electoral Boundaries Commission for Saskatchewan met Wednesday at the Ramada Hotel in Regina to discuss proposed federal electoral boundary changes.

The hottest issue of the consultation was the proposed removal of many ridings with an urban/rural split, such as Goodale's Wascana riding, which includes a part of Regina and a large rural area.

Currently, Regina and Saskatoon are each split into four separate, predominantly rural ridings.

At the consultation Monday, many voiced their displeasure with the plan.

"I think having a balance of representation for any given area and in a member of parliament is a healthy thing," said Bruce Evans, Mayor of White City, Sask. "I think it's important to have some diversity in the views expressed by our MPs."

Under proposed changes, Regina will have two purely urban ridings and Saskatoon will have three. Goodale says the new changes are more fair and balanced.

"There has been a significant growth in population in Saskatchewan and it tends to predominate in the two largest cities," said Goodale. "At the moment, seats in Saskatchewan are stacked 14 to nothing against urban voters, which is obviously not fair or realistic."

The Regina meeting was the first in a tour the commission is conducting across Saskatchewan, ending in Saskatoon on Oct. 5.

Research poll

Tory support up in Prairies

A new Nanos Research poll has the federal New Democratic Party and Conservative Party neck-and-neck, but in the Prairies region, Conservative support is taking off.

Released Monday, the new poll surveyed 1,000 Canadians across the country and the findings show that nationally 32.4 per cent would vote Conservative, but in the Prairies, that number is at 48.6 per cent, while the NDP sit at 18.4 per cent.

According to Joe Garcea, the head of the University of Saskatchewan's Department of Political Studies, a number of factors could contribute to the gain of support, noting the Liberal's lack of presence in the province and NDP Leader Thomas Mulcair's stance on the energy sector could be factors.

JEFF MACKEY/METRO

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Made in Saskatchewan

Growing more than grains, Saskatchewan Innovation Week highlights the province's handy inventions and smart ideas

JANE CAULFIELD
jane.caulfield@metronews.ca

While many people associate Saskatchewan with wheat and potash, Saskatchewan Innovation Week aims at promoting all the inventive ideas coming from the province's most creative thinkers.

"It's important so that people are aware of what's been done and what's happening in Saskatchewan," said Saskatchewan Innovation Week co-chair Lesley McGilp. "We're hoping to incite innovation in our city."

The week-long conference was originally brainstormed during discussions at the University of Saskatchewan College of Engineering about how to celebrate its centennial.

1 Cobalt bomb

Built in 1951, the cobalt bomb was invented to heal, not hurt. Thought up by a team of U of S researchers, including renowned scientist Sylvia Fedoruk, pictured, the machine provided the first round of successful radiation treatment to cancer patients.

2 ATMs and debit cards

Saskatchewan Credit Unions were the first to implement both the ATM, in 1977, and the debit card, in 1982. Initially, service at the first two ATMs in Regina provided service for 18 hours a day only.

3 Air Ambulance Service

Here, a helicopter pilot stands next to a STARs Ambulance helicopter. Air Ambulance service started after 26-year-old RCAF pilot Keith Malcolm heard about Australian pilots flying doctors to patients and decided to flip the idea around. Armed with only a flight nurse, the first civilian air ambulance flight flew patients to doctors in 1946.

4 Symons Oil Can

Known for its long spout, Ernie Symons of Rocanville, Sask., invented an oil can that allows users to get at hard-to-reach areas on farm equipment and machinery. The can's design is still in use today and is still being mass-manufactured in Rocanville.

5 Medicare

Under the direction of then-premier Tommy Douglas, Saskatchewan became the first province to offer its people free public health care in July of 1962 — paving the way for universal health care across the country.

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Yannick Bisson
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Occupy protesters take part in a rally on Parliament Hill in Ottawa on Monday, returning on the one-year anniversary of the movement. See the photo gallery online at metronews.ca. SEAN KILPATRICK/THE CANADIAN PRESS

Conservatives welcome NDP with 'bald-faced lie'

Parliament resumes.
Harper joins in on carbon tax tirade against opposition leader

Canada's parliamentary engine sputtered back to life with a hyper-partisan bang Monday as the Conservatives sought to tarnish New Democrat Leader Tom Mulcair by accusing him of planning to impose a carbon tax on unsuspecting Canadians that the NDP has never proposed.

Even Prime Minister Stephen Harper got in on the act, demonstrating that a three-month summer break has done little to soften the Conservative government's go-for-the-jugular partisan instincts.

Harper, his ministers and his backbenchers repeated at every opportunity their tirade against Mulcair's alleged carbon tax proposal, disregarding the fact that the NDP has never actually proposed a carbon tax.

Indeed, Mulcair and his predecessor, Jack Layton, have proposed a cap-and-trade system to reduce greenhouse gas emissions — a proposal Harper himself championed for several years before dropping the idea.

At no point did the Tories ever refer to their own proposal as a carbon tax — but now, it seems, they're not about to let facts get in the way of a good partisan attack.

"Cap and trade or cap and tax, a price on carbon is a tax on carbon. That makes it a carbon tax," asserted New Brunswick MP John Williamson.

Mulcair refused to respond to the attacks on his supposed carbon tax plan — an assertion he's described as a "bald-faced lie." THE CANADIAN PRESS

Rebuttal

"The NDP's top priority is the economy. The Conservatives' top priority is making things up about the NDP."
NDP Leader Tom Mulcair

Non-conviction records

Background checks tainting thousands

Thousands of Canadians are being unfairly and often unwittingly tainted by information contained in police background checks, a prominent civil liberties group said Monday.

The result is that people are denied employment or run into a host of other problems, according to the Canadian Civil Liberties Association.

At issue is the disclosure of "non-conviction" records — information about an investigation, arrest or charge that did not lead to a conviction.
THE CANADIAN PRESS

Abortion. Conservative MP looking to re-open contentious debate

The Conservative MP seeking to re-open debate on fetal rights and abortion says it should be up to Parliament to resolve an issue the courts "left open."

But Kitchener MP Stephen Woodworth said he is not optimistic he will get the 50 per cent necessary to pass a motion he sponsored to study the definition of "human being" in the Criminal Code.

Woodworth said his motion comes to a final vote in the House of Commons on Sept. 26, and would merely strike a committee to study the issue, and open a "respectful dialogue" on what he argues is a pressing matter.

He argued it won't seek to write a new abortion law, but at the same time Woodworth claimed the current legal environment around abortion practices is "dishonest."

At a news conference, Woodworth challenged anyone claiming a fetus at eight or nine months gestation is not a child and asked, "Does abortion access really depend on that kind of fraud?"
TORSTAR NEWS SERVICE

Royals ask French court for injunction on nude Kate pics

Duchess of Cambridge. French and Italian gossip magazines that have published revealing spreads both owned by Berlusconi publisher

Kate Middleton
THE ASSOCIATED PRESS

A French court was asked on Monday to halt further publication of topless photos of Prince William's wife Kate.

After hearing arguments by lawyers for the British royal couple and for the popular French gossip magazine Closer, the court said it would rule at noon today. The royal request was made after Closer printed 14 pictures of the partially clad Kate, the Duchess of Cambridge, in its pages last week.

On Monday, the Italian gossip magazine Chi — like Closer owned by Mondadori, the Italian publishing house owned by former Italian prime minister Silvio Berlusconi — published a 26-page spread of photos of Kate without her swimsuit top. An Irish tabloid published more Kate topless photos over the weekend, drawing a vow from Ireland's justice minister to revise privacy laws there.

The photos in question show the Duchess of Cambridge relaxing during a holiday at a private villa in Provence, sometimes without her bathing suit top and, in one case, with her suit bottom partially pulled down to apply sun screen.

William's St. James's Palace called the publications of the photos a "grotesque" invasion of the couple's privacy. Lawyers for the royal couple argue that the photos amount to an invasion of privacy.

The royal couple's lawyer, Aurelien Hamelle, told the French court Monday that he is seeking 5,000 euros ($6,400 US) in damages from Closer and an injunction forcing the magazine to stop publishing the issue with the photos. He also asked the court to fine Closer 10,000 euros ($12,800) a day for each day the injunction is not respected, and 100,000 euros ($128,000) if the photos are sold.

THE ASSOCIATED PRESS

Orangutan joins cancer fight

A Jungle Island volunteer comforts Peanut, one of the orangutans from a private zoo, as she is treated with R-CHOP therapy, a combination of drugs used in chemotherapy to treat her aggressive non-Hodgkin lymphoma in Miami. Human medical specialists are treading new ground in applying a standard chemotherapy regimen to treat cancer in the orangutans. The apes share about 96 per cent of a human's genetic makeup, and Peanut's treatment plan is closer to that of what a human would receive for the same type of cancer. PAT CARTER/THE ASSOCIATED PRESS

Ohio death row

Overweight inmate requests execution delay

A condemned Ohio inmate who weighs at least 480 pounds wants his upcoming execution delayed, saying his weight could lead to a "torturous and lingering death." Ronald Post shot and killed a hotel clerk in northern Ohio almost 30 years ago.

THE ASSOCIATED PRESS

Disrespectful outburst

EU Parliament member fined

How much does it cost to tell one of the EU's top officials he has "the charisma of a damp rag?" Apparently about 3,000 euros, or close to $4,000 US.

In 2010, Nigel Farage, an anti-European Union member of the EU Parliament, rose following a speech by Herman Van Rompuy, the president of the European Council. Farage, a Briton, added that the former Belgian prime minister came from "pretty much a non-country." The Parliament docked Farage 2,980 euros. THE ASSOCIATED PRESS

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Starting at age 21, collagen diminishes by 1% per year. By age 30, signs of reduced collagen on skin, hair and nails become visible, not to mention the increase risk of fracture for bones.

Say the words "healthy bones," and the first word that probably pops up is calcium, but did you know that bones are made up of 30% collagen? Collagen provides strength and flexibility to bones. When collagen diminishes – your risk of fracture increases!

Now, genuine collagen regeneration is possible with clinically proven BioSil™. BioSil, a patented choline-stabilized orthosilicic acid (ch-OSA®) complex, helps your body to generate its own collagen to provide support for denser and more flexible bones as well as beautiful skin, hair and nails. BioSil has been tested in rigorous double-blind placebo controlled trials for both efficacy and safety.

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Ringing in a record: 2 million iPhone 5s ordered on first day

In stores Sept. 21. As demand exceeds initial supply, some devices are scheduled for delivery in October

Orders for the iPhone 5 topped two million in the first 24 hours after Apple started taking them at midnight Pacific time on Friday. That's more than double the number of iPhone 4S orders on its first full day.

The company also says that while most preorders will be delivered on Friday, demand for the iPhone 5 exceeds the initial supply, so some of the devices are scheduled for delivery in October.

The iPhone 5 has a bigger screen — four inches measured diagonally — that allows room for another row of icons, and widescreen movies to fit better. The calendar will now show five days at a time instead of just three. Previous iPhone models carried 3.5-inch screens. The phone is also thinner and weighs less than previous models.

The phone will be available at Apple stores in Canada on Friday, Sept. 21.

Earlier Monday AT&T Inc. said it set a sales record for the iPhone 5, with customers ordering more of them than any previous iPhone model on the first day of orders and over the weekend.

Apple's stock added $7 US to $698.28 in morning trading after rising as high as $699.54 earlier in the session. THE ASSOCIATED PRESS

By the numbers

4

The iPhone 5's screen measures four inches on the diagonal, versus the 3.5-inch screen on previous models.

The new Apple iPhone 5 is displayed on Sept. 12 in San Francisco.
ERIC RISBERG/THE ASSOCIATED PRESS

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New mortgage rules lead to national home sales drop

Home sales declined 5.8 per cent across Canada from July to August, the largest month-over-month decline since June 2010, according to the Canadian Real Estate Association.

Actual sales activity was down almost nine per cent in August over a year earlier, "providing the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended," said CREA chief economist Gregory Klump Monday.

"The broadly based decline in August sales activity suggests that some buyers may no longer qualify for a mortgage now that amortization periods of high ratio (less than 20 per cent down payment) mortgages have been shortened," he added.

House prices remained relatively stable across the country, posting increases of just 0.3 per cent on a year-over-year basis and the inventory of homes for sale at the end of August climbed slightly to 6.5 months, up from 6.1 months at the end of July.

There was a 1.7 per cent decline in new listings across the country, which helped keep the national housing market more balanced than it has been at any time in the last two years, according to CREA.

Sales declines were posted in about two-thirds of all markets representing 80 per cent of national house sales activity including the GTA, Vancouver, Greater Montreal, Calgary, Edmonton and Ottawa.

Some 334,208 homes have changed hands over Canada's MLS system so far this year, an increase of 2.8 per cent compared to the same eight months of 2011.
TORSTAR NEWS SERVICE

Quoted

"(The decrease provides) the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended." Canadian Real Estate Association chief economist Gregory Klump

Austria

Saucy starter: McNoodles hit the menu

McDonald's is introducing noodle dishes this week at its restaurants in Austria. The McNoodles come with vegetables and salad, chicken pieces and either sweet and sour or curry sauce. The company says it spent more than a year developing the product.
THE ASSOCIATED PRESS

Market Minute

DOLLAR
102.53¢
(-0.44¢)

TSX
12,446.86 (-52.61)

OIL
$96.62 US (-$2.38)

GOLD
$1,770.60 US (-$2.10)

Natural gas: $2.865 US (-7.8¢)
Dow Jones: 13,553.10 (-40.27)

Labour negotiations. CAW reaches deal with Ford, extends GM, Chrysler talks

The Canadian Auto Workers union struck a tentative four-year deal with Ford on Monday and extended talks with GM and Chrysler, putting off a threatened strike as a midnight deadline loomed.

"It's a damn good deal in these economic times," CAW president Ken Lewenza said of the Ford deal. "It is a damn good deal."

The agreement will give 800 laid off Ford employees the opportunity to get back to work, partially through the creation of 600 new jobs at its Canadian operations. Most of the new positions will be at its Oakville, Ont., assembly plant in two stages of hiring, he said.

There are no base wage increases during the life of the agreement, which lasts until September 2016, but each employee will receive $2,000 a year in the second, third and fourth years of the contract to cover cost of living increases, and a $3,000 ratification bonus.

The union is asking Chrysler and GM to accept the deal as a pattern settlement.

Talks with the two automakers continued Monday toward the midnight strike deadline. The union announced just before 9 p.m. eastern time that all sides agreed to continue talking — putting off the threatened midnight strike.

The union said it would keep talking with Chrysler and GM as long as progress is being made, but warned that any time it feels talks have stalled it will issue a 24-hour strike notice.

After the tentative deal was inked with Ford, Lewenza said the gap between the union and the two remaining companies was "wide."

"If they come and say, 'We can work within the confines of that pattern agreement,' we can do the job real quickly," he said.

General Motors said after the announcement of the Ford agreement that it was still committed to reaching a deal that will "improve GM Canada's competitive position for the future," but that it wouldn't comment on the deal with Ford.

"Our efforts remain focused on working with the CAW to achieve an agreement that addresses the competitive needs of GM Canada."

Chrysler said it was not "presently offering any comment."

Lewenza said pattern bargaining — in which a deal is reached with one company that forms the basis for agreements at the others — is necessary because it removes wages from the number of competitive pressures the companies face.
THE CANADIAN PRESS

Quoted

"It's a damn good deal in these economic times."
CAW president Ken Lewenza, speaking about the Ford agreement

NO SHAME IN BARING IT ALL

SHE SAYS...
Jessica Napier
metronews.ca

I am not what you'd call an exhibitionist.

I didn't grow up in an underpants-only kind of household. When changing for gym class, I would awkwardly wrestle into my sports bra while still wearing a sweater on top (believe me, this is actually not impossible). To this day, the first thing I will do in an unfurnished apartment is hang curtains.

While I might have a bit of a prudish attitude when it comes to my own public nudity, it takes just the briefest moment of browsing online to realize that there are plenty of women out there who have no problem exposing a little skin.

On any given workday, I've accidentally seen about three or four NSFW photos before I finish my first cup of coffee.

Whether or not these online exhibitionists are doing it for the right reasons (empowering self-expression) or the wrong reasons (desperate attention-seeking from creepy Internet lurkers) is up for debate, but there is certainly no shortage of skin on social media and beyond.

However, not all bare breasts are treated equally.

Last week, the Internet got its collective knickers in a twist after a French tabloid published a revealing five-page spread featuring Kate Middleton sunbathing sans bikini top while on vacation at a private chateau.

The magazine's editor-in-chief defended the images, claiming they weren't lewd, but a beautiful intimate series of a young couple in love. Of course, this "tasteful montage" argument might be easier to swallow if the photos weren't captured by slimy paparazzi stalking the royals during what should have been a very private moment.

While many people expressed outrage at this extreme violation of privacy, I was horrified to see just how many people took to Twitter and online comment sections to unleash a barrage of hostility towards the duchess for having the audacity to act like a normal 30-year-old woman on vacation with her husband.

Nipples? Gasp!

Not their fault

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

Kate Middleton GETTY IMAGES

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The violation of Middleton's privacy and the furious responses that followed contribute to the archaic yet persistent notion that as women our bodies, more than anything else, are for display; to be looked at by men, by other women and, evidently, by telescopic lenses emerging from the shrubbery.

Follow Jessica Napier on Twitter @MetroSheSays

These two decades have 22 minutes

JEFF HARPER/METRO

East Coast humour

This Hour Has 22 Minutes marks 20th anniversary

Shaun Majumder and Cathy Jones film a pre-recorded section of This Hour Has 22 Minutes against a green screen at CBC's Bell Road studio in Halifax. The show is celebrating its 20th anniversary, which premieres Tuesday.

For Majumder, striving to "take the piss out of our own culture" will always be an important role for Canadian comedians.

It's what the Gemini Award-winning actor sets out to do each week on the long-running CBC series that jeers Canadian politics and current events.

"We've got a perfect format to continue forever and ever, no matter how many people come in through the cast," said Majumder, who started on the show several years ago as a writer.

Some of the country's most highly acclaimed comedians have called the show home, including Rick Mercer, Colin Mochrie, Greg Thomey and Mary Walsh. METRO

Knee-slapping comedy

Rick Mercer makes for memorable TV

Who can forget the show's long-running Talking to Americans segment, where Rick Mercer set out to expose how little some Americans know about their Canadian neighbours?

Some truly memorable bits include getting Americans to congratulate Canada on legalizing VCRs.

Since its inaugural season in 1992, each show has been written and produced within one week at the CBC building on Bell Road in Halifax.

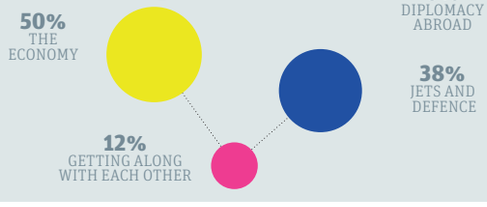
Rick Mercer THE CANADIAN PRESS

Producer Peter McBain said 22 Minutes' East Coast home is important to its perspective on Canadian news. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What are you most hoping Parliament will focus on during the fall session?



Twitter

@adenium11: • • • ○ ○
I thought there was supposed to be a .05-.07 cent drop in gas not a continued increase ?!? #YQR

@TigerTimJ: • • • ○ ○
I really need to stop saying hello to people I don't actually know because I recognize their face from my #YQR twitter feed!

@SKCDP: • • • ○ ○
Shoulders and back ache today from pushing a wheelbarrow full of #tomatoes a significant distance. #gardencleanup #yqr

@disneychickk: • • • ○ ○
Anyone know where I can get Valet parking in Regina? Let me know! #yqr

@VeeEhPayne: • • • ○ ○
#yqr - McCarthy down, Sherwood down, Albert & Sask Drive down...I should get a bonus for just making it in to work today!! #whinyIknow

metro

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SCENE 2

DVD reviews

The Cabin in the Woods

Director. Drew Goddard

Stars. Kristen Connolly, Chris Hemsworth, Anna Hutchison

●●●●○

To say The Cabin in the Woods isn't your average horror movie is like observing that King Kong isn't your average ape. Even when major plot twists are revealed — as the trailers do — there are so many others left, you have no reason to scream "spoiler!" That said, you don't want to know too much in advance about this feature directing debut of Cloverfield writer Drew Goddard. He shares screenwriting credits with fellow genre subverter Joss Whedon. Better you should be as naïve as are most of our five cabin-bound college kids, one of them played by a pre-Thor Chris Hemsworth. The film's internal logic may not stand up to close scrutiny, but the intent behind it is rock solid: a horror show that would have impressed even the ancient Greeks, both their warriors and their philosophers.

PETER HOWELL

The Woman in the Fifth

Director. Pawel Pawlikowski

Stars. Ethan Hawke, Kristin Scott Thomas, Joanna Kulig

●●●●○

Ethan Hawke and Kristin Scott Thomas meet in the shadow of the Eiffel Tower in The Woman in the Fifth, but that's about as conventional as this stimulating Paris psychodrama gets. Hawke's sullen Tom, an American novelist consumed by doubt and misfortune, chats with Thomas's mysterious Margit, a translator who seems to include mind-reading among her many talents. The likely touchstone for writer/director Pawel Pawlikowski is the work of fellow Polish director Roman Polanski. We are never sure if what we are seeing is actually happening, including the nature scenes that Pawlikowski interjects as contrast to the urban jungle.

PETER HOWELL

On the web

Qriket

Keira Knightley to Vogue: I had no life besides acting.

Ode to TV: The shows that inspired the stars

Emmy Awards.

Nominees share their memories of television classics, from Bonanza to MASH and wanting to become a Huxtable

Nicole Kidman. THE ASSOCIATED PRESS

Christina Hendricks
THE ASSOCIATED PRESS

Bryan Cranston
THE ASSOCIATED PRESS

Kevin Costner THE ASSOCIATED PRESS

Long before Kevin Costner, Bryan Cranston, Christina Hendricks and Nicole Kidman were Emmy nominees, they were kids who loved watching TV.

"I liked Man from Uncle and High Chaparral," Costner said.

"I really, really liked that when I was a kid."

"I remember the transition from black-and-white to colour," continued Costner, who is nominated as both star and producer of the TV movie Hatfields & McCoys.

"It's like one by one the televisions in my neighbourhood became colour TVs and we would all go look at each other's colour TVs and ooh and aah at Bonanza. I'm kind of glad I saw it all, in a way. I remember the TV would shut off at 11 and just play the national anthem all night long."

Cranston, who is nominated for his role on Breaking Bad — which won him the Emmy Award three years in a row, grew up on The Andy Griffith Show.

"I love the character of Barney: Classic comic character of the absolute confident man with no ability whatsoever. Always funny. The calm and comforting tones of Andy Griffith, who we lost recently," the actor said.

"I think there was just something very sweet and comforting about watching that show, and the simplicity of the lifestyle and a days-gone-by kind of thing."

Hendricks, nominated for the third consecutive time for her supporting role in Mad Men, said her all-time favourites were MASH and Northern Exposure.

"Both of them had a sense of real community and camaraderie among the cast, a sense of friendship in this world that I remember responding to," she said.

Mayim Bialik of The Big Bang Theory was also a Northern Exposure fan.

"They had every kind of possible character," said the actress, who remembered watching the show while starring on Blossom.

"I would have loved to be anything on Northern Exposure, but mostly Rob Morrow's love interest. That would have been my choice."

Kidman, a first-time Emmy nominee for her lead role in the TV movie Hemingway & Gellhorn, said she was raised on The Brady Bunch and Bewitched.

"Growing up in Australia, the mini series was such a big, big thing. It was something that launched my career because I did mini series in Australia," she said.

"I did a thing called Bangkok Hilton and one called Vietnam, which was on the Vietnam War in the '60s and was a hugely rated show.

"That was my big break, really, as an actor."

Sarah Paulson, nominated for her supporting work in the TV movie Game Change, loved Who's the Boss?

"Angela and Tony were who I wanted to be when I grew up. I wanted to have that relationship," she said.

"I watched a lot of television growing up and they were like my surrogate parents. Angela and Tony. I loved 'em."

Jesse Tyler Ferguson, Maya Rudolph and Zooey Deschanel were all fans of The Cosby Show. Ferguson and Rudolph even dreamed of joining the family.

"It felt very familiar," the Modern Family actor said, "and I wanted desperately to be a part of that family."

Rudolph, nominated for hosting Saturday Night Live, said if she were to join the show, "I would have to be a fictional cousin, because I don't think they needed any more children.

"I don't think the Huxtables needed any more children.

"But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

Julia Louis-Dreyfus, a 14-time Emmy nominee and two-time winner, wants to bring back her favourite show from childhood: Flipper.

"Talking dolphin. How can you beat it?" she said.

"Well, sort of talking. It communicated. A dolphin who beats the bad guy every week.

"I think we should redo that.

"I think I'm going to pitch that. That's my new HBO show: Flipper: Part II."

THE ASSOCIATED PRESS

Quoted

"I would have to be a fictional cousin, because ... I don't think the Huxtables needed any more children. But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

Maya Rudolph, who is nominated for an Emmy for hosting Saturday Night Live, on her desire to be part of The Cosby Show's Huxtable family.

The Emmy Awards

The Primetime Emmy Awards will be presented on Sept. 23 at the Nokia Theatre and broadcast live on ABC.

Chris Brown

‘Warning: Do not buy this album! ...’

Chris Brown may have trouble moving copies of his new album, Fortune, thanks to one record store chain’s interesting warnings.

At London locations of HMV, copies of Brown’s CDs have reportedly been affixed stickers that read, “Warning: Do not buy this album! This man beats women,” according to Hollyscoop.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Even millionaires get the blues

THE WORD
Dorothy Robinson
scene@metronews.ca

Life is so hard for millionaire Miley Cyrus.

The starlet got a bit mopey the other night with a series of introspective (stoned?) posts to Twitter, causing fans to worry about her happiness.

“Ever feel like you want just … something more? Not sure what exactly. Passion perhaps?” she tweeted.

“Sometimes I feel like I love everyone more than they love me. Hate that feeling. Maybe it’s not that they love you less. They just love you the most they are capable of loving.” But Cyrus was quick to clear up any confusion over the state of her engagement to Liam Hemsworth, posting, “No, there is not trouble in paradise.”

Anyone else read this and picture Miley writing this while gazing wistfully out the window while a lone tear streaks down her face, coming to rest on her $1,000 intentionally distressed Marc Jacobs sweater?

Minaj, Urban join Mariah Carey as Idol judges

The new lineup for the 12th season of American Idol is in place, with singers Nicki Minaj and Keith Urban joining already hired Mariah Carey.

And original judge Randy Jackson — the only holdover from last season — will keep his spot on the panel.

The news was announced on the reality show’s Twitter account.

Urban had quit his gig as a judge on the Australian version of The Voice last week, prompting speculation that he had in fact signed on for “Idol.”

There’s no word yet on what Minaj and Urban will be making, but chances are it won’t be as much as Carey, who earns a reported $16 million for one season of the show.

Twitter

@SandraBernhard
the #x-factor watched it standing up just long enough to catch the tiny beiber look alike get much love from #britneyspears heart wrenching

@ParisHilton
Life only comes around once. So do whatever makes you happy & be with whoever makes you smile.

@JonahHill
Listening to Necro for the first time since high school while pulling an all Nighter on Wolf Of Wall Street. Starting to get loopy.

@SethMacFarlane
You kids don’t remember, but once there were sitcoms about something other than gay guys.

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Best Health

How to boost metabolism

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Want to keep your body burning fat and calories all day long? In the October issue of Best Health magazine, on newsstands now, regular contributor Dr. Susan Biali offers 10 strategies for boosting metabolism. Here are four of them.

1. Enjoy coffee or green tea.
Your morning cup of joe gives your calorie burn a boost for up to two hours. Green tea is a powerful metabolism stimulator, too; drinking it frequently can help to accelerate weight loss.

2. Get enough sleep.
Less than seven hours of sleep a night messes with metabolism-regulating hormones. If you're sleep-deprived, you process carbs less efficiently, and that increases your risk of obesity.

3. Eat more protein.
A 2012 study found that people who ate more protein had a higher resting metabolic rate. Women often don't get enough, so have some lean protein such as fish, chicken or eggs with every meal and enjoy protein-rich snacks such as a handful of almonds.

4. Add chili peppers.
Capsaicin in chili peppers stimulates your nervous system and improves your metabolism after meals. Adding chili to foods also curbs your appetite, so you'll eat less. These benefits are maximized if chilies are eaten regularly, so find ways to spice up your life.

For the other six ways to boost metabolism, pick up the latest issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

On the web

Qriket

Salt-high blood pressure link may be stronger in overweight kids, U.S. government study suggests

Summer is over so it's time to get rid of that BBQ bulge. ISTOCK PHOTOS

Bust that BBQ bulge with these workouts

Summer is over. It's time to work off those extra steaks that you and friends chowed down on during the sunny months

MEREDITH ENGEL
Metro World News

As summer winds down, you're likely done trying to get your bikini body or Phelps-like abs. But that doesn't mean you should go hide in sweats for the next nine months. We enlisted Adam Rosante, celeb fitness trainer and founder of The People's Bootcamp, which offers pay-what-you-can classes in New York, to give us some moves to get you fit for fall.

Why these specific exercises? "(These) exercises target almost every single muscle in the body," Rosante says.

Perform each exercise for 40 seconds with 10 seconds of rest between each move. After you've completed all of them, that's one cycle. Rest for 60 seconds, then repeat. Perform the cycle three times. Be sure to keep your core tight throughout the entire workout.

Warm-up

Stay away from the long stretches, Rosante says.

"To just jump right into a long, static stretch is a good way to tear the muscle or fatigue it to a point where you then injure yourself during the workout. You just want to move around and really get the blood flowing. It creates pliability and elasticity in the muscles. Then afterwards, you get into that static, long stretch cool down. That will elongate those muscles and help prevent them from tightening up and becoming short and constricted, so you get a nice long, lean body."

What counts as a good warm-up? Jogging in place for 20 seconds, 20 to 30 seconds of jumping jacks and some torso twists.

"Anything you can do to get your body moving in a functional way," he says.

Power thrusts

Stand with feet hip-width apart. Squat until thighs are almost parallel to the floor, then place your hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position and jump straight up as high as you can, reaching the fingertips up and bringing the knees to the chest. Land with soft knees and immediately drop back into a squat. Continue the sequence for 40 seconds.

Push-outs

Start in a push-up position with hands directly below your shoulders. Perform a push-up. At the top of the motion, lift the left hand up and bring it out about a foot to the left on the ground. Perform another push-up with staggered hands. At the top of the motion, explode the left hand back to normal push-up position. Do another push-up. Repeat the move with the right hand. Continue, alternating for 40 seconds.

Scissor switches

Stand with your right foot forward and left foot back. Keeping your torso upright, lower yourself into a lunge until your left knee is bent and your right thigh is parallel to the ground. Jump up and scissor your legs mid-air to land down with soft knees in a lunge with your left foot forward and your right leg back. Continue alternating for 40 seconds.

Power kicks

Stand with your feet hip-width apart. Bring your fists up just below your chin. Now, open up the chest and pull the shoulders down the back. Alternate waist-high front kicks, springing softly from foot to foot so you're never on more than one foot at a time. Continue alternating for 40 seconds.

Bird-dog push-ups

Start in a push-up position with your hands directly below your shoulders to begin with.

- **Exercise.** Perform a push-up. At the top of the motion, extend your right arm and left leg to form a straight line from fingertip to heel. Return them both. Perform another push-up and repeat the arm and leg movement on the opposite side. Continue alternating for 40 seconds.

Final bite of summer flavour

This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is the salad to make when corn is at its ripest.

I always look for small white and yellow kernels on cobs that have been picked that day if possible.

You'll have to go to a local farmers' market. It's well worth the trip.

If you want to make this salad year round, buy canned or frozen corn niblets and sauté about 2 cups in a skillet just until browned.

1. Lightly coat a grill pan with cooking spray and set over medium-high heat, or heat your barbecue to medium-high heat. Grill corncobs about 5 minutes, or until corn begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl.

2. Add red onion, roasted red pepper and basil to corn and stir to combine.

3. To prepare dressing, whisk olive oil, cider vinegar, jalapeño, garlic, salt and pepper. Pour dressing over salad and toss to combine. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional analysis

Per serving

159 calories; 4 g protein; 17 g carbohydrates; 2.9 g fibre; 9 g fat; 1 g saturated fat; 0 mg cholesterol; 168 mg sodium

Ingredients

Salad
- 3 fresh cobs of corn
- 1/2 cup diced red onion
- 1/2 cup diced roasted red pepper
- 1/2 cup chopped fresh basil

Dressing
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

Health Solutions

Better ways to sweeten up

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Our bodies are not meant to process the intense sweetness of processed sugar. They are made to pull out the natural sugars that come along with other nutrients like the minerals in fruit and the fibre in whole grains.

If we remove the minerals and fibre, the pancreas goes into overdrive and chugs out more insulin than the body knows what to do with. What you really want to do is reduce the amount of sugar in your diet overall.

Then you want to change the type of sweetening to be sure that if you are eating it, it at least offers some other benefit.

Here are the better ways to sweeten up.

- Unpasteurized honey has antimicrobial and antibacterial qualities that have been shown to soothe coughs and sore throats.
- Pure maple syrup (not artificially flavoured brands) contains trace minerals.
- Stevia is a no-calorie sweetener derived from an herb.

The trick is to train your taste buds to need less and less over time. Along the way, try choose something that offers even a little bit more than sweetness.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Grated carrots take the lead in simple salad

Refreshing and simple, this Grated Carrot Salad with Dates and Pistachios is a great and healthy end-of-summer dish.

Shredded carrots are wonderful in a salad. All they need is some Middle Eastern flavouring — paprika and cumin — and a spritz of lemon to balance their natural sweetness. Enhance this basic line-up with a little honey and chopped dates.

1. In skillet over medium-low, heat oil. Add cumin seeds and cook, swirling pan occasionally, until they turn a shade darker and become fragrant, about 4 minutes. Remove the pan from the heat and stir in the paprika and the honey. Let the mixture cool to room temperature.

2. Meanwhile, coarsely grate the carrots, preferably using the coarse grating disk on a food processor. In a large bowl, toss the carrots with the cooled oil-cumin mixture, the dates, lemon juice, pistachios and salt, using your hands to incorporate the dates. Stir in the mint just before serving. **THE ASSOCIATED PRESS/ SARA MOULTON OF TV'S SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 tbsp extra-virgin olive oil
- 1 tsp whole cumin seeds
- 1 tsp paprika, sweet, hot or smoked, or a combination
- 1 tsp honey
- 1 lb carrots
- 1/4 cup chopped pitted dates (about 4 whole)
- 2 tbsp fresh lemon juice
- 1/3 cup shelled natural pistachios, walnuts or almonds, chopped
- 1/2 tsp kosher salt
- 1 tbsp shredded fresh mint

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Get ahead this holiday season by planning ahead

The vicious cycle of debt can be broken if you take the time to plan ahead. ISTOCK IMAGES

Alison's Money Rule. Plan now to break habit of overspending during Christmas

YOUR MONEY
Alison Griffiths
money@metronews.ca

Good news! The Canadian Payroll Association's annual survey found that fewer of us would be in financial difficulty this year if a pay cheque was delayed — 57 per cent compared to 47 per cent in 2011.

Now for the bad news! The fact that nearly half of all Canadians would still face severe problems, coupled with record family debt loads spells trouble. It means that any financial emergencies (and life does throw them at us) would have to be paid through greater debt.

The vicious cycle of debt can be broken. But in order to get ahead you have to plan ahead.

Take the holiday season, for example. Canadians spend about $600 to $800 on gifts and that much again on food, decorating and entertaining.

Surveys show that Canadians want to spend less but lack of planning and last minute shopping keep tipping us over budget.

There are 14 weeks until Christmas. You'll cut your holiday spending drastically if you create a plan.

1. Go light on the list
Do your holiday list right now and slash it by half, at least. Cards, letters and phone calls are a wonderful substitute.

2. Re-gift
Ten per cent of Canadians give presents they know that the recipient won't like. Go through your house and see what you can find.

Also, create a re-gift box and add to it throughout the rest of the year.

3. Use points
Cash in loyalty points for movie coupons or gift certificates.

In numbers

30%

Thirty per cent of Canadians do most of their holiday shopping in the 10 days before Christmas.

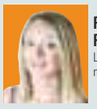
4. No gift zones
Extended family members might be happy not to get a present if they don't have to give one.

Also have your kids make cards for teachers, coaches, tutors, etc. They'll appreciate the effort more than a drugstore soap set.

5. Go with gift baskets
Plan them now and add items during sales. It is actually very enjoyable if you aren't stressed and doing it last minute.

Three years ago a beloved dog died and a friend dropped off a basket with winter greenery, homemade jam and a couple of biscuits to cheer up our other dog. Perfect.

Hacked! Learn some anti-fraud practices



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

While on a fabulous European vacation last week, my social media accounts were hacked. The fraudster used a free 'secure' Wi-Fi zone at my hotel to pry into my private information.

Unfortunately, hundreds of fake emails and direct messages were sent out under my name and my business VISA account was compromised before I became aware of the issue.

I always take careful precautions to protect my private information, but I've learned from this experience that I need to step up my anti-fraud efforts.

Hands down, the best way to protect against fraud is to prevent it from happening in the first place using common sense and adopting some anti-fraud best practices.

Use secured wireless networks when you access the Internet. I could have potentially prevented my fraud experience by avoiding signing into my accounts while on an unfamiliar server.

I also made the mistake of not logging off my accounts immediately when I was finished. When I reported my fraud, the very first thing I had to do was reset my passwords and make them more complex. As a best practice, change your passwords regularly (every few months). Ensure the password is difficult for fraudsters to guess and contains a combination of numbers and letter.

Filter out bogus emails and phone calls. If you receive unsolicited email requests for information or even to click on an unfamiliar link, verify the message and sender using a third party unrelated to the message.

If you don't recognize a phone number, don't pick it up. Legitimate people will leave a message. When shopping online, ensure payment websites are secure. If you're not sure it is, call the company that makes the product directly and talk to customer service manager.

Last, check your credit score at least once a year to see that there are no errors or items you don't recognize.

If you discover a problem, contact the credit bureau immediately and bring in law enforcement if you believe you've been defrauded.

Single? It may be unhealthy for you

Study. Researchers in Sweden find that single men are least likely to believe they could influence their own health

CELIA MILNE
For Metro

Ever noticed single men don't seem to care about their health? It's not your imagination.

A large study in Sweden has found that men who don't live with a mate are less likely to believe they can influence their own health. As a group, they are less motivated than others.

Researchers studied 28,198 men and women between the ages of 18 and 80 to find out whether they possessed a social factor called "internal health locus of control" which essentially means a belief that your behaviour influences your health. They found 33.7 per cent of the men and 31.8 per cent of the women lacked internal health locus of control.

Single men living alone were the least likely to believe they could influence their own health through things like eating a healthy diet, exercising regularly, not smoking and keeping alcohol consumption under control. Men and women who were widows also scored fairly low on the tests.

Yet these healthy behaviours are known to help prevent cardiovascular disease, diabetes and some forms of cancer.

"Marital status affects health locus of control," says Martin Lindström, a professor of social medicine at Lund University in Malmö, Sweden.

OK there Columbo, you know smoking is bad for you, right? ISTOCK

He believes this finding is important for policy makers as they design messages to promote healthy behaviour.

While the study was conducted in a Swedish population, it may be applicable to Canada.

"Health promotion should particularly consider some marital status groups," he added.

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Future uncertain for locked-out free agents

NHL. Work stoppage puts careers on hold and deters deals for unrestricted players

Two and a half months after becoming an unrestricted free agent, Kenndal McArdle is still waiting for the phone to ring.

And with the NHL in a lockout, it's unlikely he'll be getting contract offers any time soon.

The long wait "is something that can be frustrating, because the unrestricted free agent market is a lot smaller this summer because of the lockout," said McArdle, a 25-year-old Toronto native who grew up in Burnaby, B.C.

"There's more worrying and more uncertainty in your life. For a lot of us, hockey is our livelihood, and the uncertainty increases the amount of stress in your life. So it's been a long summer, to say the least."

McArdle is among a large group of unsigned players, young and old alike, who are waiting for the next collective bargaining agreement to determine where they will play.

Theoretically, McArdle and his contemporaries have time on their side and should be able to rebound from the lockout's impact on their careers — but the older players do not.

McArdle spent 2011-12 with the Winnipeg Jets organization, suiting up for nine NHL games. Once considered a can't-miss kid, the winger is concerned the lockout will enable a new group of prospects to make their marks in the minors, and threaten his job security.

"It gives the young guys, or the guys that are coming up, another year to mature, another year to get ready, especially with the guys who will continue to play in the American Hockey League," said McArdle. "It can help them to propel themselves up to the next level."

McArdle's agent Kevin Epp predicts there will be a "big rush" of signings once a new collective agreement is reached.

Clubs that are close to the old cap have delayed signings until the new financial framework is set. Consequently, many players and agents are in wait-and-see mode.

"It's funny when you talk to (players), because they only know what we tell them — and we don't know a lot if nobody (at the CBA negotiating table) is doing anything," Epp said. "It's just (respecting) what history has shown us, and (understanding) how we have to be patient."

THE CANADIAN PRESS

Quoted

"The current (unrestricted free agents) are in limbo because the first wave was signed and now everybody's waiting to see what the cap number will be."

Agent J.P. Barry

Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for an informal training session at the Habs' practice facility on Monday in Brossard, Que. GRAHAM HUGHES/THE CANADIAN PRESS

NHL

Habs players lead major exodus to minor league

The Montreal Canadiens have assigned 21 players, including forwards Blake Geoffrion and Louis Leblanc, to the American Hockey League's Hamilton Bulldogs.

The move comes after the NHL locked out its players on Saturday.

The Canadiens also assigned forwards Alexander Avtsin, Alain Berger, Michael Blunden, Michael Bournival, Gabriel Dumont, Brendan Gallagher, Patrick Holland, Philippe Lefebvre, Joonas Nattinen, Steven Quailer and Ian Schultz.

Defencemen Nathan Beaulieu, Morgan Ellis, Brendon Nash, Greg Pateryn, Joe Stejskal and Jarred Tinordi and goaltenders Peter Delmas and Robert Mayer will also suit up for Hamilton.

All the players assigned are on two-way, entry-level contracts.

THE CANADIAN PRESS

MLB. Jays looking into reported homophobic slur on Escobar's eye-black

The Toronto Blue Jays say they're looking into reports that shortstop Yunel Escobar played Saturday's game against Boston with a homophobic slur written in Spanish under his eyes.

Several pictures posted online show Escobar with the message written in his eye-black, a type of sticker players wear under their eyes to reduce the sun's glare.

The words under the 29-year-old Cuban's eyes were "TU ERE MARICON" which can be translated as "You are a faggot."

"The Toronto Blue Jays do not support discrimination of any kind nor condone the message displayed by Yunel Escobar during Saturday's game," the team said in a statement.

"The club takes this situation seriously and is investigating the matter."

THE CANADIAN PRESS

Jays shortstop Yunel Escobar at Rogers Centre on Saturday. GETTY IMAGES FILE

NHL

Wild get creative to keep ticket holders on board

The Minnesota Wild are offering season ticket holders 10 per cent interest in return if they keep their accounts paid in full during the NHL lockout and don't request a refund.

The Wild announced Monday they'll credit those season ticket holders for any cancelled games, plus 10 per cent interest on the dollar value of tickets for the lost games. That can be applied toward future games or subsequent season renewals. Credit will be issued when a new collective bargaining agreement is reached between the owners and players. THE ASSOCIATED PRESS

MLB. White Sox make Tigers pay for errant throw

Omar Infante's throwing error on a potential double play helped Chicago score two runs Monday and the White Sox beat the Detroit Tigers 5-4 in a pivotal makeup game.

Chicago increased its lead in the AL Central to three games with its fourth straight win.

It was the final meeting of the season between the two front runners in the division.

Trailing 4-3, the White Sox loaded the bases in the fifth, driving out Detroit starter Doug Fister (9-9).

When Dayan Viciedo hit a one-out grounder to short, the Tigers tried to turn the inning-ending double play, but Alex Rios slid hard into second baseman Infante and forced an errant throw that got by Prince Fielder as two runs scored, giving Chicago the lead.

THE ASSOCIATED PRESS

The White Sox celebrate Monday's win. JONATHAN DANIEL/GETTY IMAGES

4 SPORTS

Mobile sports

Qriket

Questionable calls by replacement officials in Week 2 are not sitting well with players and coaches around the NFL. Some are fuming and others wonder if the league is concerned about the integrity of the game.

New definitions of outstanding

Chris Williams of the Tiger-Cats and Argonauts star Chad Owens are making a serious run at bucking tradition for the CFL's outstanding player award. At nearly two thirds of the way through the season, here's a look at the contenders for the CFL's individual honours:

THE CANADIAN PRESS
Photos by The Canadian Press and Torstar News Service

Outstanding player

Since 1980, quarterbacks have captured the outstanding player award a whopping 23 times. But so far this CFL season, it's Hamilton's Chris Williams (12 TDs with six on kick returns) and Toronto's Chad Owens (2,695 all-purpose yards) who've emerged as top candidates.

B.C. Lions QB Travis Lulay, who won last year's award will be a contender in the West.

Outstanding Canadian

This is Stampeders tailback Jon Cornish's award to lose. The 27-year-old is looking to become just the fourth Canadian to lead the CFL in rushing and first since 1988 when former Simon Fraser star Orville Lee ran for 1,075 yards as a rookie with the Ottawa Rough Riders.

Outstanding lineman

He was the West Division finalist last year and B.C. Lions tackle Jovan Olafioye hasn't done anything to show he shouldn't be considered again. The six-foot-six, 325-pound Olafioye has helped a Lions line that's allowed a league-low 13 sacks despite injuries to key veterans.

Other potential contenders include Calgary's Dmitri Tsoumpas and Saskatchewan's Brendon LaBatte.

Outstanding special teams player

This is Ticat Chris Williams' award to lose. He's averaging over 16 yards per punt return — which would be a CFL record if he maintained that mark — to go with five punt return TDs.

Calgary's Larry Taylor, like Williams a triple threat on special teams, would've been a contender in the West, but he's likely finished due to injury.

Outstanding defensive player

Edmonton's J.C. Sherritt is the front-runner for this honour. The sophomore linebacker has been dominant with a league-leading 93 tackles, 29 more than his closest rival. At this pace, he'll easily break Calvin Tiggle's CFL record of 129. Sherritt has three forced fumbles and two sacks.

Lions' linebacker Adam Bighill (61 tackles) has also been solid while Eskimos defender Joe Burnett has returned two of his league-high five interceptions for TDs.

Outstanding rookie

Chris Matthews has been one of the few bright spots for struggling Winnipeg (2-9). The six-foot-five, 229-pound receiver has 51 catches for 749 yards and five touchdowns.

First overall pick Ben Heenan opened the season starting for Saskatchewan but is now a backup.

Eli Manning's bounce-back second half one for the ages

Eli Manning passes the ball against the Tampa Bay Buccaneers Sunday in East Rutherford, N.J. JEFF ZELEVANSKY/GETTY IMAGES

NFL. Giants QB joined elite company with his 510 passing yards on Sunday vs. Bucs

Norm Van Brocklin. Warren Moon. Boomer Esiason. Dan Marino. Matthew Stafford. Tom Brady. Phil Simms. Drew Brees.

It's a who's who of some of the greatest quarterbacks in NFL history, along with a newbie in Detroit's Stafford. It's also a list of the top eight in the exclusive 500-yard passing club.

Make it nine.

Eli Manning joined the group Sunday, passing for 510 yards and three touchdowns in a remarkable performance. Leading the Giants to a wild 41-34 win over Tampa Bay allowed the Super Bowl champions to avoid the dreaded 0-2 start.

How good was Manning?

Think about this. His big brother, Peyton, isn't a member of the 500-yard club and he has always played in more pass-orientated offences. But Eli, 31, rose above all of that ... and more. After all, keep in mind he accomplished this on a day where he had to forget about three first-half interceptions.

But short-term memory is something Eli has always leaned on. He threw for 295 yards in the second half, and his 243 yards and two touchdowns in the fourth quarter matched what Buccaneers quarterback Josh Freeman accomplished the entire game.

"Obviously it's fun when guys are getting open and guys are making plays and you're seeing things," Manning said. "You get to fight back and especially the first half, you're frustrated and you're angry and then you get the excitement of coming back and see it happening."

THE ASSOCIATED PRESS

Quoted

"I've seen what he did yesterday time and time again. You think you've got him and then he serves up a great comeback and puts his team on his shoulders in the fourth quarter." Carolina defensive coordinator Sean McDermott. His Panthers face Manning on Thursday.

CFL. Eskimos add some depth to offensive line

The Edmonton Eskimos shored up their offensive line Monday, agreeing to terms with Canadian-born lineman Matthew O'Donnell.

Edmonton acquired the six-foot-nine, 340-pound O'Donnell on Sept. 5 from the Saskatchewan Roughriders for receiver Greg Carr.

But the Eskimos will have to continue waiting for offensive lineman Austin Pasztor, who they took fourth overall in this year's CFL Canadian college draft. The six-foot-seven, 305-pound Pasztor, a native of Langton, Ont., who played collegiately at Virginia, joined the Jacksonville Jaguars practice roster Monday.

After being drafted by Edmonton, Pasztor signed as a free agent with the NFL's Minnesota Vikings but was released during training camp.

Saskatchewan selected O'Donnell, who played collegiately at Queen's, in the second round, 15th overall, of the 2011 CFL draft. However, the native of Comox, B.C., signed with the NFL's Cincinnati Bengals and spent the season on the practice roster before being released prior to the start of the 2012 campaign.

"We're very pleased to have Matthew join our football club," Eskimos GM Eric Tillman said in a statement. "His addition represents another step in the right direction as we continue to build a strong, young Canadian nucleus here in Edmonton."

THE CANADIAN PRESS

CFL

Bombers hope for help from Caroll

As they try to rescue what's left of the 2012 season, the Winnipeg Blue Bombers have signed import defensive lineman Andre Caroll to their roster.

Caroll was a late training camp cut by the Bombers and registered two tackles and one sack during the pre-season.

He also attended training camp last year before being released and attending training camp with the Cleveland Browns.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
The only worry now is that so many things are going well for you that you take too much for granted and end up making some kind of silly mistake. Watch out for little things that might trip you up.

♉ Taurus
April 21 - May 21
Act quickly if you have a good idea or see an opening that others appear to have missed. Pluto's positive influence means it's OK to be forceful when dealing with others, as long as you have a specific goal.

♊ Gemini
May 22 - June 21
The current cosmic set-up will make it easy for you to find extra cash if you need it, but you've still got to make an effort. Yes, you might win the lottery but be reasonable, the chances are slim.

♋ Cancer
June 22 - July 23
The planets indicate that whatever has gone out of your life over the past few months will be replaced by something infinitely better over the next few weeks. Think positive and positive things are sure to happen.

♌ Leo
July 24 - Aug. 23
Steer clear of people who display negative attitudes, even if they are people to whom you are close emotionally. You have important things to take care of today, things that make a positive outlook a must.

♍ Virgo
Aug. 24 - Sept. 23
With Pluto, planet of passion, turning direct in the area of your chart that governs affairs of the heart, this is the ideal time to let that special person know how you feel about them. Don't just say it — show it.

♎ Libra
Sept. 24 - Oct. 23
Whatever happens today, be it good, bad or indifferent, you will handle it with courage and confidence. This is an especially good time to make decisions about family issues. Let your intuition guide your actions.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how well you think you are doing, you should be doing even better. Set your sights high and don't rest until you have realized your dream. You can't just sit back and let life come to you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to take drastic measures to put right a financial issue that has been worrying you — and that's exactly what you should do. You have more to gain than you have to lose.

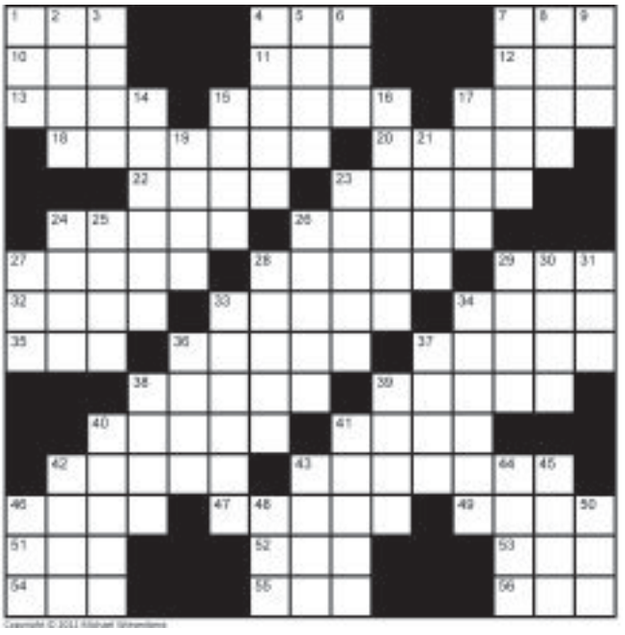
♑ Capricorn
Dec. 22 - Jan. 20
Don't waste your precious time seeking other people's approval, just get on and do what needs to be done. Not everyone will agree with your aims, and fewer still with your tactics, but why do you care?

♒ Aquarius
Jan. 21 - Feb. 19
As much as possible, try to convince others to go along with your plans rather than force them to do as you say. Just because you have the power to order people about does not mean you have to use it.

♓ Pisces
Feb. 20 - March 20
You will perform miracles today. No matter how difficult the task you are faced with, you will find a way to make a success of it. Friends and rivals alike will praise you for a job well done. SALLY BROMPTON

Crossword: A Few PMs

BY MICHAEL WIESENBERG



Across
1. Likely
4. CBS forensic drama
7. Canadian pols
10. Cow sound
11. Ad ___ committee
12. Evolutionary time period
13. Vassal
15. PM St. Laurent
17. Pack away
18. ___ Canadian (beer)
20. Scarborough, Ontario-born Austin Powers player Mike
22. "I should be sleeping like ___": line from "A Hard Day's Night" (2 wds.)
23. Portion
24. Sys ___: computer department VIP
26. ___ once: suddenly (2 wds.)
27. Towelled off
28. Secret agents
29. Obsolete TV program saver, for short
32. Some August babies
33. Gives a darn
34. Will beneficiary
35. Bond creator Fleming
36. Had the courage to try
37. Tosses
38. Pop trio brothers
39. Liberal or Conservative ___
40. ___ and the whale
41. Pile
42. Got in shape, with "up"
43. R.B. ___: 11th Prime Minister, who moved to Calgary in 1897, which became his political base
46. BMW subcompact model taken over from Rover in 2000
47. Years and years
49. Toronto-based "Tom Sawyer" group
51. "___ Maria"
52. "I got an ___ the test": "I aced it" (2 wds.)
53. Scottish "no"
54. Windows 7 or Mac OS X: acronym
55. Can. neighbour
56. Elbow's locale

Down
1. Morning times, for short
2. Bard's creation
3. Matador's opponent
4. Cheech's Edmonton-born partner
5. Under: Fr.
6. Here: Fr.
7. 39.37 inches
8. Amateurs' opposites
9. Observed
14. Calgary team
15. Bird that gives its name to the $1 coin
16. Happy expressions
17. Hutterites or Mennonites
19. Skidded
21. Affirmations
23. Carried on, as a trade
24. Field
25. Edmonton-born Maple Leaf Phaneuf
26. After: Fr.
27. 551 on a monument
28. NS-born singer McLachlan
29. Bulletproof garment
30. Québec ___
31. Monopoly has 4: abbr.
33. "O" follower
34. 22nd PM, whose riding also is in Calgary
36. Finished
37. James ___: TV's *Las Vegas* star
38. ___ Mitchell: Fort Macleod, Alberta-born writer of Crosby, Stills, Nash & Young hit "Woodstock"
39. Writes
40. James Earl or Tommy Lee
41. Auburn dye
42. DVR pioneer
43. Heckles
44. Albacore in a can
45. Russian leader before 1917
46. Angry
48. ___ de Cologne
50. Bottom seam

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7	9	5		1			2
	5	3						1
2			9					
3	9				4			
	8	5				1	6	
			7				9	4
					3			5
5						6	4	
7			1		9	8	2	

Yesterday's Sudoku

Sharability

easy — hard

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